

The Most Holy Body and Blood of Christ - Corpus Christi

June 14, 2020

His Love Makes Us

The Best We Can Be

The First Reading recalls the suffering and testing the Israelites endured in the desert, yet God intervened for them, even with *manna* (a precursor of the *Eucharist*) to eat. Since they had no way to provide for themselves, the Israelites learned to trust in God's providence. For them, the greatest danger was, once able to provide for themselves, they would forget to trust God's providence. Once a year, on the Feast of Booths, the Jewish people live in tents to commemorate this time when God nourished them in the desert. • The Responsorial is a hymn of praise for God's power and providence. If we look at life from God's perspective, we will see His commandments not as dictates, but as precious gifts, to help us become the best we can be. • In the Second Reading to the Corinthians, St. Paul communicates several important truths about the Eucharist. The Eucharist is the body and blood of Jesus and when we participate in this Sacrament we are in union with Our Lord. When we partake of His Body and Blood, we are united to each other through Him. Finally, we must reflect this union in the way we treat our neighbor. • Today's Gospel is St. John's final section on the Bread of Life. The entire emphasis is on the Real Presence of Jesus in the bread and wine that become (are *transubstantiated* into) His Body and Blood. St. John tells us that the Bread is the flesh of Jesus. When the prologue of this Gospel speaks about the Incarnation, it used the same Greek word for flesh, *the Word became flesh*, that is, Eucharist. This Gospel is saying that whatever Jesus was in the Incarnation, that is what the Eucharist is. In this holy sacrament, Jesus offers to come into a profound and intimate union with each one of us. It is this union with Him, that brings us eternal life.

Faith First

WELCOME HOME!

As if we have returned from a long trip we didn't really want to take, we walk into church this weekend, happy to be home and happy to be reunited with friends and family. We missed receiving Holy Communion, we missed our Catholic Community, and we missed the closeness to God we feel at Mass in church. As we celebrate today, let us give thanks for our health, for our presence here, and for our faith that has given us comfort these past three months. Even six feet apart, wearing our masks, and sanitizing our hands, we greet God and each other with "Hallelujah!"

Prayer of the Week

Let us pray for the willingness to make present in our world the love of Christ shown to us in the Eucharist. • Lord Jesus Christ, we worship you living among us in the sacrament of your body and blood. May we offer to our Father in heaven a solemn pledge of undivided love. May we offer to our brothers and sisters a life poured out in loving service of that kingdom where you live with the Father and the Holy Spirit, one God, for ever and ever. Amen.

Parish Website

We hope that you have begun to establish the habit of visiting sacredheart.church, the Parish website, frequently. If not, there is always time to do that now! We especially encourage you to visit the FAQ tab on the Home page and look at the number of rich resources to be found on the Corona Virus page. Ironically the new restrictions to limit social contact and to shelter at home have spurred the Parish to list many resources to enrich your faith and prayer life. A blessing in disguise. The website will take you directly to spiritual and prayerful resources, books, pamphlets, prayers, novenas, and monthly Mass and prayer books. • How do I read and meditate on Sacred Scripture? Go to the website for directions on where to find guides. • Open Wide Our Hearts. There are links to videos, publications and articles that address current affairs, for example, the wave of protests against systemic racism in our country. • Coming Back to Mass. You will find helpful guidelines for what we need to do when we return to Mass. You can find the link to sign up to come to Mass. There are instructions on how we receive Communion while still respecting social distancing. • We hope you have found the website to be useful during this pandemic and you will continue to use as we go forward.

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Reception of Holy Communion

At the direction of the Usher, we will form a single line down the center of the aisle, six feet apart from each other, starting at the front of the church. • When we get to the front, we will place our offertory gift in the Collection baskets. • Next, we will walk to one of the two volunteers, one on either side of the Collection basket. These volunteers will be holding the hand sanitizer. They will give each person a small dose of sanitizer. We will all use all use the hand sanitizer before receiving Communion. • Proceed to one of the two Eucharistic Ministers (EM) to receive Communion. EMs will be wearing masks and standing behind the communion rails near the front pillars. If you are wearing gloves, please remove one of your hands from its glove to receive the Sacred Host. If you are not wearing gloves, extend your two hands, one cupping the other, to receive the Sacred Host. Please hold your hands as flat as possible to make it easy to place the Sacred Host safely and securely in your palm. • We will then step away from the EM and lift our mask to receive the Sacred Host. • After receiving Holy Communion we will return to our pews via the side aisles.

Staying Home During the Pandemic

Bishop Soto's Dispensation from the Sunday obligation to attend Mass, issued March 17, is still in full effect. That means that, even though Masses have now resumed in parishes, you are NOT required to attend, regardless of your age or health. Those who are sick, or are vulnerable due to age or infirmity, should definitely stay home, rather than risk their health by attending Mass in person. If anyone is healthy but simply uncomfortable around crowds, just stay home.

Entering and Exiting Church

We will be directed to our pews by the Ushers starting at the front of the church and dismissing us pew-by-pew starting from the back and moving forward down the side aisles.

Calling the Homebound

As we all know, many parishioners are still sheltering in place and are not able to attend Mass. If you would like to receive a telephone call from a parishioner, to check up on you or just to chat, please call the Parish Office. Moreover, many stay-at-home parishioners do not have computers or the computer skills to read our bulletin online and won't hear of this offer. If you know of anyone in the parish who might benefit from a telephone call, please let the office know and they will be contacted.

Meetings & Events

Parish School Graduation

Congratulations to the class of 2020, whose graduation ceremony will be on Thursday, July 9 at 4:00 pm. Each student will be permitted two guests so that we can meet all healthy and safety guidelines for gathering in large groups. We are proud of our graduating class and couldn't let summer go by without a celebration.

Sacred Heart of Jesus Parish Scholarship Award

Each year Sacred Heart Parish awards an outstanding 7th grader a scholarship to be used for his/her eighth-grade year at Sacred Heart Parish School. This student is a model of the virtues that are taught at Sacred Heart and someone who shows humility in all they do. We are proud to announce that this year's Sacred Heart Parish Scholarship is awarded to Andy O'Neill. Congratulations to Andy and to the O'Neill Family!

Return to School!

We are so excited to be returning to school in August! We will be following CDC Guidelines as we return to the classroom so that we may keep our students, faculty, and staff happy and healthy. Mark on your calendars for August 12 for school supply drop-off, and August 13 for the official first day of school!

Seeking Volunteers

The reopening the church is possible only because parishioners are volunteering to help out with the many chores necessary to keep it sanitized against the corona virus. We are especially in need of people to help wipe down the pews after Mass, a chore that is easily done in 10-15 minutes. If you have any time you can volunteer, please call the Parish Office at 916-452-4136.

How We Got Here

The Parish is extraordinarily blessed to have as parishioners so many people who have worked so long and hard to get the church ready for reopening. You see some of them at Mass--greeters, ushers, sanitizer dispensers, pew wipers--along with the Eucharistic Ministers, the Lectors. But these people are just the visible part of an entire army of volunteers. Many, many people have contributed their labors for the reopening: writing instructions for volunteers, running the sign-up program for Mass attendance, ordering supplies, helping with cleaning the entire church, helping with signage and pew marking to name a few of their jobs. As a parish, we may never know the names of all the volunteers, but we can all be grateful that their love of God, the Church, and our parish brought them to us so we could reopen. Thanks you and bless you all.

In Our Prayers

Daily Mass Intentions

June 14 - June 21

Sun	8:00am	Don & Anita Cerqui (+)
	9:30am	Terry Andrews (+)
	11:00am	Maxine Vanacore (+)
Mon	8:00am	No intention requested
Tue	8:00am	Nita York (+)
Wed	8:00am	No intention requested
Thu	8:00am	No intention requested
Fri	8:00am	Helen Decker (+)
Sat	9:00am	Barbara Mecchi (+)
	5:30pm	No intention requested
Sun	8:00am	Terence McCartan (+)
	9:30am	For the People of the Parish
	11:00am	Jean-Louis Guichard (+)

In Memoriam

Mary Equi • May 27, 2020

Father Anthony Traynor • May 27, 2020

Eternal rest grant unto them, O Lord.
And let perpetual light shine upon them.

Please Pray for the Sick

Jennifer Jewell, Dick Grutzmacher, Rick Barbaria, Gene Yeager, Adria Laubacher, Margarita Enriquez, Marjorie Green, Robert McAleese, Helena Enright, John Vostrez, Robin Aurelius, Diana Zuniga, Suzy Riehl, Isabel Harper, Richard Honey, Dale Wooldridge, Donald Anderson, Nancy McGarry, Patrick Valenzuela, Michael Fletcher, Gary Pepe, William Daniel Reed, Stephanie Merenda, Victoria Generoso, Jim Collins, Robert Arkebauer, Libby Basurto, Dena Foster-Cook, Marie Schumacher, Josephine Haddock, G.R. Gurley, Darren Stewart, Marge Mugartegui, Angel Curiel, Phillip Worth, Sonia Damiano, Ava Grace Arnold, Karen Amnon, Mary Terese Henriksen, Pamela Saenz, Stan Boyd, David Hunn, Addison Parker, Brett Stover, Norma Clark, Robert Clark, Jr.

I am the living bread that came down from heaven, says the Lord;

whoever eats this bread will live forever.....John 6:51